



food
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Garden Salad with Orange-Dijon Vinaigrette



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 rib to 4 celery chopped
- ☐ 0.5 cucumber seedless sliced
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup herbs: parsley fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup orange marmalade
- ☐ 1 small onion red thinly sliced chopped
- ☐ 3 tablespoons red wine vinegar

- ☐ 3 small baby greens chopped
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 2 tomatoes ripe chopped
- ☐ 1 teaspoon worcestershire sauce

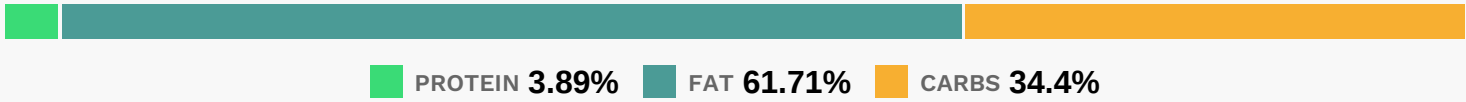
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large serving bowl whisk together the marmalade, mustard, Worcestershire, red wine vinegar, extra-virgin olive oil, and salt and pepper, to taste.
- ☐ Add the lettuce, celery, cucumber, onions, tomatoes and herbs, if using. Toss and adjust seasoning.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:9.312608708506%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 104.15kcal (5.21%), Fat: 7.5g (11.53%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.87g (2.86%), Sugar: 6.69g (7.43%), Cholesterol: 0mg (0%), Sodium: 51.57mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin A: 3309.4IU (66.19%), Vitamin K: 68.43µg (65.17%), Folate: 56.32µg (14.08%), Vitamin C: 8.46mg (10.26%), Vitamin E: 1.25mg (8.33%), Manganese: 0.14mg (6.91%),

Fiber: 1.53g (6.13%), Potassium: 204.65mg (5.85%), Iron: 0.72mg (3.98%), Vitamin B6: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.37%), Magnesium: 13.31mg (3.33%), Phosphorus: 28.24mg (2.82%), Copper: 0.06mg (2.8%), Calcium: 27.12mg (2.71%), Vitamin B2: 0.04mg (2.46%), Selenium: 1.31µg (1.88%), Vitamin B3: 0.33mg (1.63%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.14mg (1.41%)